

Latex Allergy Check List

✓ **Wear medical alert identification**

✓ **Carry with you at all times:**

- ♦ **Medications, as prescribed by your allergist**
- ♦ **Non-latex gloves**
- ♦ **Letter from your allergist regarding your latex allergy status**

✓ **Notify the following of your latex allergy and other pertinent information:**

- ♦ **Local EMS**
- ♦ **911 dispatch**
- ♦ **Local hospital**
- ♦ **Medical/dental providers**
- ♦ **Family members, friends, employer and co-workers**

✓ **Avoid:**

- ♦ **Natural rubber latex gloves, balloons, condoms and other natural rubber products**

✓ **Be Aware of and consult with your allergist regarding:**

- ♦ **Proper use of all medications**
- ♦ **“Hidden” latex on food prepared with latex gloves**
- ♦ **Lactiferous plants that may have cross reactive proteins**
- ♦ **Foods with cross reactive proteins to natural rubber**

Medications Prescribed by your Allergist: _____

Additional Comments from your Allergist: _____
